

Grenfell Support News

Commemorating Grenfell one year on



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Kensington and Chelsea Social Council have produced a flyer listing the events the community are putting on to commemorate one year since the Grenfell tragedy. These include church vigils, The Grenfell Anniversary Memorial Service, the silent march, the unveiling of a community mosaic, and a family fun day in the park. You will see the flyers and posters in the North Kensington community soon.

Details of all anniversary events will be posted on the Kensington and Chelsea Social Council website (www.kcsc.org.uk) in the coming week.

New therapy rooms for North Kensington community

As the one year mark of the Grenfell Tower tragedy approaches, you might feel like you want to talk to someone about therapy for trauma, painful feelings or intrusive thoughts. The Grenfell Health & Wellbeing service provides therapy at four locations:

- **St. Charles Centre for Health and Wellbeing, Exmoor Street, W10 6DZ**
- **The Curve, 10 Bard Road, W10 6TP**
- **Emperor's Gate Surgery, 49 Emperor's Gate, SW7 4HJ**
- **Friends and Family Assistance Centre, 17 Old Court Place, W8 4PL**

If this is something you are interested in, visit their website and complete the self-referral form:
www.grenfellwellbeing.com/self-referral.

Anyone who is from North Kensington or who is affected by the Grenfell Tower tragedy is welcome.

The Grenfell Wellbeing Outreach team can be reached at **020 8962 4393** between **9am and 9pm**



Get started with film

The Prince's Trust and Iconic Steps are running a one-week programme for young people who are interested in the exciting world of film. If you are 16 to 25 years and are looking to learn new skills, why not get involved with this fun, free course?

During the programme, applicants will work with industry professionals to explore the process of film-making as well as getting the chance to meet new people and improve their confidence. At the end of the week, there will be a celebration event at the British Film Institute where applicants will premiere their films.



Support available during the Grenfell Tower Public Inquiry

The commemoration hearings for those who lost their lives in the Grenfell tragedy, that have marked the start of the Grenfell Tower Public Inquiry, concluded on **Wednesday 30 May**. The Inquiry will now move to the next phase in the process, beginning with opening statements from the Inquiry's 'core participants' next week from **Monday 4 June** onwards.

For more information on the work of the Inquiry and recordings of the hearings to date, please visit www.grenfelltowerinquiry.org.uk

The hearings have been an emotional time for many people and there is support on offer for those who have been affected. For urgent emotional and wellbeing support, you can call **0800 0234 650** at any time.

There is also an NHS Outreach team based at the Inquiry hearings who are ready to provide emotional, health and wellbeing support. They are also offering support at the Notting Hill Methodist Church where the Inquiry is being screened. Members of the team will be easy to identify by their green t-shirts.

Two leaflets describing the support available for those affected by the Inquiry have been published by the NHS and are still available at www.cnwl.nhs.uk/nhs-grenfell-response



Activities Programme at The Curve Community Centre

Monday 4 June

- **9.30am-3pm** – Early year's activity
- **10am-12pm** – The Hand of Hope Women's Group
- **5pm-7pm** – Homework Club ages 11-18 (drop-in)
- **5.30pm-7.30pm** – Pre-ESOL English
- **8pm** – Iftar – food will be supplied (hosted by Wst London Kitchen)

Big Iftar

Join the community of the Al-Manaar Mosque to open fast together on **Friday 8 June, 8.30pm to 10pm**. Open to all with free entry, just drop-in to **Muslim Cultural Heritage Centre, Al-Manaar, 244 Acklam Road, W10 5YG**.



The Crèche's opening hours are:

Monday, Tuesday, Wednesday and Friday **10am to 12noon** and **1pm to 3pm**.

No crèche on Thursdays.

The Crèche is for parents attending appointments or courses at the Curve. Other Curve users are also able to use the crèche space when attending an event or activities. To book, please email: thecurve@rbkc.gov.uk

Tuesday 5 June

- **9.30am-10.30am** – MEND mini-healthy lifestyles programme for families. All welcome to drop-in
- **9.30am-11.30am and 12.25pm-2.30pm** – ESOL English language classes (please email sakinah.touzani@westway.org to book)
- **10am-3pm** – Fouzia's sewing club – drop-in sewing club for all, grow your skills, knit and natter
- **10.30am-12.30pm** – Job search workshop (drop-in)
- **10.30am-12.30pm** – Helping children deal with loss (please email thecurve@rbkc.gov.uk to book)
- **1.30pm-2.30pm** – Grief encounters, speak, listen and share with Alisia and Anna
- **2pm-4pm** – Grief encounters with Colin (drop-in counselling for men)
- **5pm-6pm** – Children's yoga – fun and relaxed sessions for kids aged five to 11 (drop-in)

Wednesday 6 June

- **10am-12pm** – World coffee morning – free and open to all for a coffee and a chat
- **10.30am-12.30pm** – Job search workshop (drop-in)
- **10.30am-12pm** – Shared reading group, open to all reading abilities. Come and share the joy of reading as a group.
- **4pm-7pm** – Girls youth group for ages 13 plus (run by Laura for emotional health and wellbeing)
- **8pm** – Iftar, food supplied (hosted by Wst London Kitchen)



Thursday 7 June

- **10.30am-11.30am** – Massage session with a massage therapist (drop-in)
- **12.30pm-2.30pm** – Mums and Bumps session (drop-in)
- **1pm-3pm** – ICT Skills and pre-employment support (drop-in)
- **4pm-6pm** – Young artists for ages five-11. For keen young artists looking to learn and develop their skills
- **4pm-4.45pm** – Healthy snack time for kids (limited spaces, please email thecurve@rbkc.gov.uk to book)

Friday 8 June

- **9am-10.30am** – MEND Mini-weekly sessions run by a registered nutritionist and physical activity specialist. Offers practical chopping and tasting activities and games/exercises aimed at enhancing physical and social development for ages two to four years
- **10am-1pm** – ACAVA pottery workshop (drop-in)
- **10.30am-12pm** – Mindfulness TFC group (drop-in)
- **10.30am-11.30am** – Meditation group (drop-in)
- **10.30am-12 noon** – Mindfulness TFC Group
- **5pm-8pm** – Byron presents: Caribbean Evening with Ludo and Dominoes Club

Saturday 9 June

- **12pm-2.30pm** – Metronomes Steel Orchestra workshops for families and children aged nine years and up

The Curve Community Centre opening hours are **10am to 8pm Monday to Friday** and **11am to 6pm** on weekends.

The Curve Community Centre, 10 Bard Road, London W10 6TP

Some sessions need to be booked in advance to secure your place, so email thecurve@rbkc.gov.uk and they will confirm your reservation by return.



For a full list of events visit grenfellsupport.org.uk/thecurve/events

Support services on offer

Anyone who would like to speak to the police in relation to the investigation into the fire is asked to contact the Met Police on **0800 032 4539**.

Important Contacts

Cruse Bereavement Care

Call the Freephone helpline on **0808 808 1677** or email helpline@cruse.org.uk.

The helpline is open **Monday–Friday** from **9.30am–5pm**. Extended hours Tuesday, Wednesday and Thursday evenings, until 8pm.

Replacement UK passports, visas or immigration queries

Call our advice line on **0300 303 2832**. The line is open 24 hours.

Air quality and smoke exposure

If you have concerns about any symptoms, please see your doctor or call NHS **111**.

Housing support

If you have any questions about housing or want to find out who your housing officer is please call **0800 137 111** or **020 7361 3008**.

Victim support

Call **0808 1689 111** for practical and emotional support, or visit victimsupport.org.uk. The line is open 24 hours a day.

The Grenfell Muslim Response Unit

also offers additional support. Find out more by emailing info@gmru.co.uk

You can also get physical and mental support at **The Curve Community Centre**. Call **077 1223 1133**.

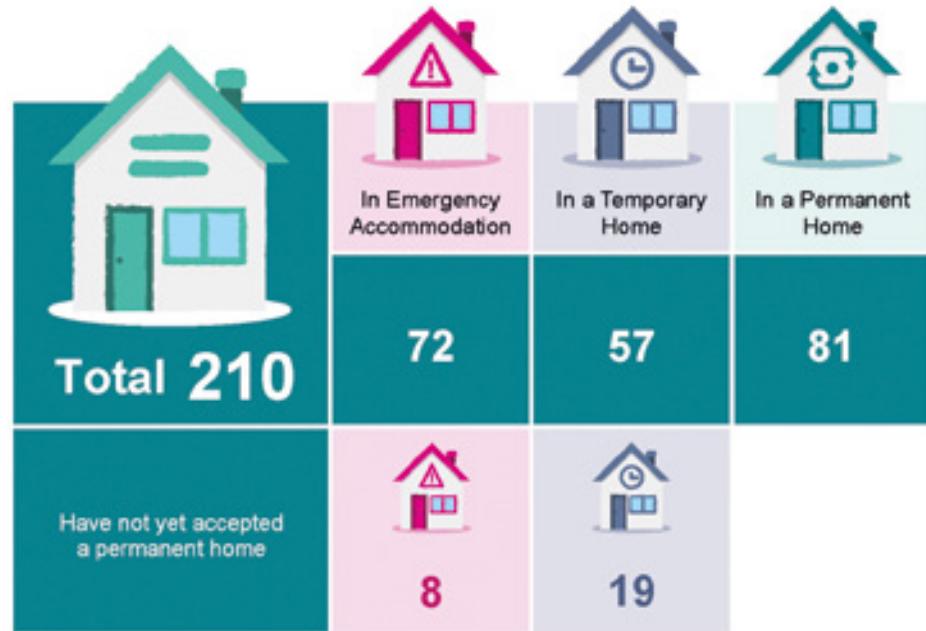
Hestia, Central and North West London NHS Foundation Trust, and the Drug and Alcohol Service are based overnight at the **Notting Hill Methodist Church, Lancaster Road**, from **10pm to 8am**. Pop in for a chat and support.

Grenfell Tower and Grenfell Walk rehousing progress update



These are the figures for

31 May 2018



Poetry4Grenfell

The Poetry 4 Grenfell project continues next week on **Wednesday 6 June** at the **City of Westminster College, 25 Paddington Green, W2 1NB** from **12 noon to 2pm**. Led by a local professional artist, Poetry 4 Grenfell is a great chance to get involved and learn about rap-poetry, dance and film throughout workshops and performances.

Grow our own - community kitchen garden

Passionate about gardening? Join the Westway Trust's community garden programme and lead the movement for a sustainable future. Help turn forgotten spaces into looked after and much-loved grow-gardens. Learn from local gardening enthusiasts and cook what you grow.

Meet at **Argan Tree Café, Maxilla Walk, W10 6NQ** on **Tuesday 5 June** to get involved. For more information email "**Just Solutions 123**" at infojustsolutions123@yahoo.co.uk

Join us on social media

Do you follow our social media accounts?

We regularly update our Twitter and Facebook accounts with the latest support, news and community events available around North Kensington. To be kept in the loop or to join the online discussion, follow us on Twitter at **@GrenfellSupport** and on Facebook at facebook.com/grenfellsupport

For regular updates please follow us

The newsletter is also available in Arabic and Farsi languages.

 facebook.com/grenfellsupport

 [@grenfellsupport](http://twitter.com/grenfellsupport)

 www.grenfellsupport.org.uk